# Exercise Checklist

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 10 min walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min exercises | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min exercises | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min exercises | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min exercises | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min exercises | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10 min exercises | ○ | ○ | ○ | ○ | ○ | ○ | ○ |